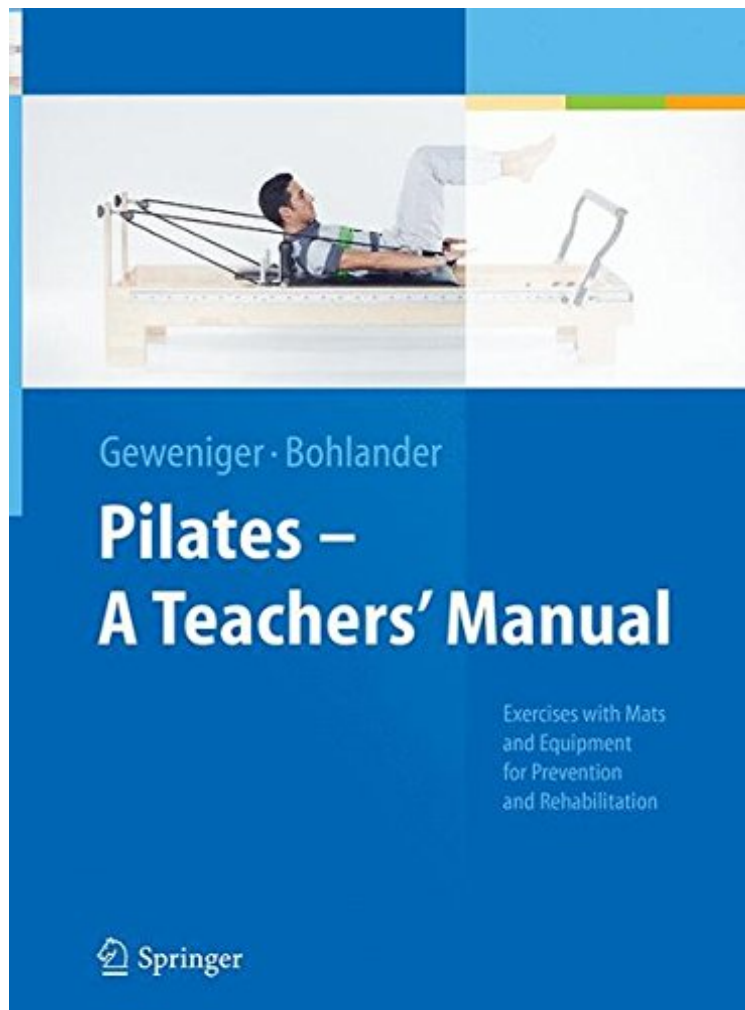


(Pdf free) Pilates - A Teachers Manual: Exercises with Mats and Equipment for Prevention and Rehabilitation

Pilates - A Teachers Manual: Exercises with Mats and Equipment for Prevention and Rehabilitation

Verena Geweniger, Alexander Bohlander
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The Pilates book for professionals: Background information and extensive practical knowledge on using the Pilates approach in prevention and therapy. The foundations include, among others, the "Pilates Principles" (Breathing, Centering, Flow, Precision, Concentration, Control and Coordination). The extensive praxis part presents all techniques and exercises (mat and equipment training) with detailed photos of movement sequences and with precise instructions and explanations of each exercise. Class plans provide concrete suggestions for the design of course units with prevention orientation and patient examples illustrate treatment procedures and therapeutic effects of the Pilates approach for different symptoms. - A must-have for all Pilates professionals: teachers, trainers, physiotherapists.

From the Back Cover Pilates For Prevention And Therapy Millions of people use Pilates training to improve health and fitness, or regain movement capability following injury or disease. Competent, professional support from physiotherapists, sports teachers and trainers is of vital importance for every client or patient. "Pilates: A teachers manual provides you, as a professional, with fundamental teaching structures and practical guidelines. The concepts which characterized the traditional approach to Pilates are combined with the evolved methods of modern Pilates training, and backed up by current findings in sports science and kinesiology. Pilates For Prevention- Methodology - movement categories, functional systems, functional anatomy and biomechanics, etc.- Techniques for testing and classification of training objectives- Modern mat training: ca. 40 exercises- Class plans tailored to specific groups (beginner, intermediate, advanced, pre-natal, etc.) Pilates For Therapy- Basics - ICF classification, phases of rehabilitation, strength, mobility- Exercises utilizing the Pilates equipment (Reformer, Cadillac, etc., small apparatus)- Therapeutic mat exercises- Movement in muscle chains- Treatment examples from orthopedics, neurology, etc. Clear descriptions- All exercises clearly presented on double pages- Concise movement instructions- More than 500 color photographs illustrate movements step-by-step- References and practical tips on all themes Inter-disciplinary relevance and comprehensibility- With glossary and clarification of anatomical terms The first English edition of the successful German work